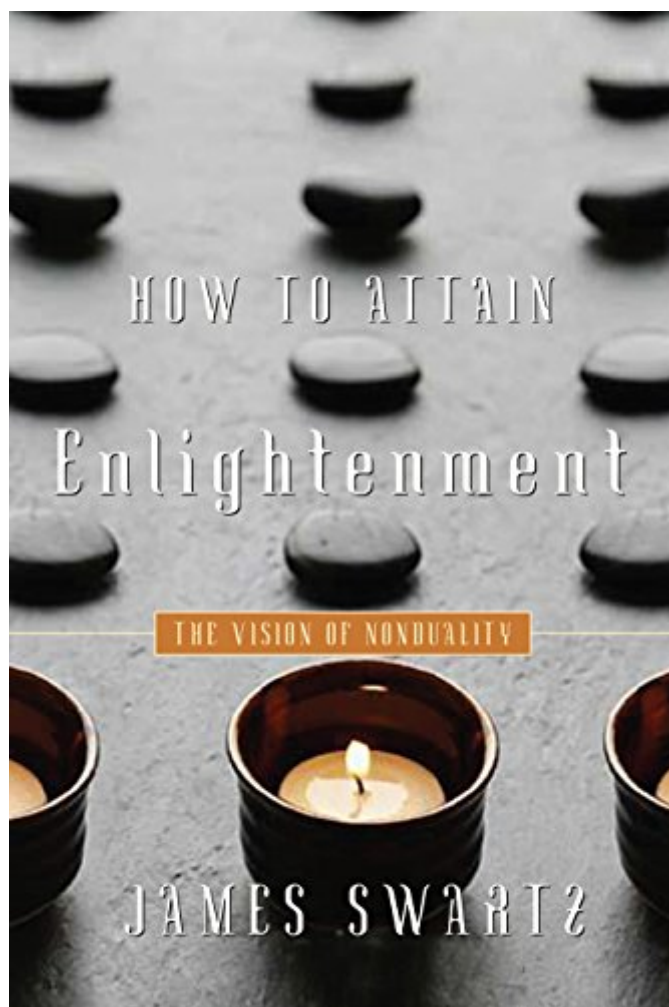


The book was found

How To Attain Enlightenment: The Vision Of Non-Duality



Synopsis

This complete guide to enlightenment presents the wisdom of the ancient science of self-inquiry, a time-tested means for achieving spiritual freedom. The author discusses the purpose of self-inquiry, the quest for lasting happiness, issues of identity and transcendence, the role of wisdom and action, and the subconscious obstacles to freedom. He convincingly refutes the popular view that enlightenment is a unique state of consciousness and debunks a host of other enlightenment myths. In his straightforward style he reveals proven methods for purifying the mind, and includes chapters on love, the science of energy transformation, and meditation. He takes the reader from the beginning to the end of the spiritual path, patiently unfolding the logic of self-inquiry.

Book Information

File Size: 1055 KB

Print Length: 337 pages

Page Numbers Source ISBN: 1591810949

Publisher: Sentient Publications (February 16, 2010)

Publication Date: June 10, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00KWL7RNU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #193,741 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Theology #12 inÂ Books > Religion & Spirituality > Hinduism > Theology #2250 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Occult

Customer Reviews

Although provocative, this book lives up to its title, as it unfolds the complete methodology of Advaita Vedanta, which purpose is to attain Self realization. I will not explain what Self realization is, as anyone slightly familiar with Vedanta already knows about this. After some initial interest in some modern teachers of Non-Duality (namely Tolle), I decided to read a few classics, such as "Be As

You Are" and "I am THAT", which moved me deeply but failed to provide me with day-to-day tools. I was then led to James' book, "How to Attain Enlightenment", after quite some consideration about where to go next. The author has learned from Swami Chinmayananda in India, former leader of a vast Vedanta mission. He has subjected his mind to the full teaching tradition, removed his self ignorance and went on to study numerous ancient texts for several decades. He walks the talk and is quite agile at delivering clear and down to earth explanations about anything related to the topic of interest. He isn't just throwing at you a few Neo Advaita half-truths, feel good metaphors or even his personal experience of the Self. The whole methodology is exposed in a practical, logical and meticulous way and all of it makes complete sense as you contemplate it. To me, this book is like my bible. I have read it multiple times and refer to it constantly. Since initially getting the book a year ago, I have made a lot of progress and my psychology has totally defrosted. This book helped me develop the qualities such as dispassion and discrimination. Following Vedanta's tradition, you find all relevant topics such as the limitations of object happiness, the qualifications for self realization, the three yogas (karma, bhakti and jnana), the gunas and so forth.

I hesitated on this book at first because of the title but, having read through it once I can say it does deliver on its promise. On going back through and highlighting my original highlights I can see how there are enough gems, and a wide sweep of valuable ideas, to make for an extended and valuable study. As I began reading the first chapter or two I found myself feeling impatient for the author to "get to the good stuff." Having read it all I can see how the beginnings were laying the groundwork for a patient, in-depth and very thorough exploration and preparation for what is to come--and it does come. I don't feel like anything was held back; it's all right here. The last chapter explores what the author considers to be some of the shortcomings of "neo-advaita." The critique is thoughtful and insightful, and the body of the book as a whole furnishes enough in-depth background to understand the basis of his point of view. His occasional characterizations of seekers and teachers is delightfully snippy, bringing a smile and an occasional cringe when the snippy approaches the all too familiar. His website, shiningworld.com, is full of very good content as well. I had to explore the whole site before I finally bought the book. What always used to put me off about yoga and vedanta was the inferred exclusivity of it all, "only for the truly dedicated seeker," etc. And then there was the solace of a possible "payoff" if only one were willing to be patient for what might be just a few more lifetimes. I just never was a gung-ho "seeker-type." But the inner drawing, on the other hand, the mystery that has sustained my curiosity for all these years, has never diminished. Whatever IT is, I used to think, is certainly already right here, right now.

[Download to continue reading...](#)

How to Attain Enlightenment: The Vision of Non-Duality The Practical Tao Te Ching of Lao-zi: Rational Meditations on Non-duality, Impermanence, Wu-wei (non-striving), Nature and Naturalness, and Virtue Non Fiction Writing Templates: 44 Tips to Create Your Own Non Fiction Book (Writing Templates, Writing Non Fiction, Kindle Publishing) Steps on the Path to Enlightenment, Karma: Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Volume 2: Karma (Vol.2) MAGICK: For Beginners! Spells & Rituals To Attain Abundance, Wealth, Health, Happiness & Your Deepest Desires! (Magick Spells, Witchcraft, Book Of Shadows, New Age) Chakras: Chakras for Beginners, Learn to Balance Your Chakras, Heal Yourself and Attain Inner Peace (Spiritual Journey Book 3) Gauge/Gravity Duality: Foundations and Applications The Duality Bridge (Singularity Series Book 2) The Essential Buddha: Core Teachings on Enlightenment, Karma, Freedom, Suffering, Non-Self, and Happiness Handbook of Optics, Third Edition Volume III: Vision and Vision Optics(set) Eyesight: How to Naturally Improve Vision - Proven Quick Tips to Improve Eyesight Vision in 30 Days or Less (eyesight improvement, eyesight cure, better eyesight) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) Funding Your Vision: New Hope for Non-Profits Eco-Friendly Cleaning: Money Saving Solutions for a Clean, Green, All-Natural, Non-Toxic, Eco-Friendly Home (eco-friendly, sustainability, homesteading, ... natural cleaning, green home, non-toxic) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Child Support for the Non-Custodial Parent: Missouri Edition (Series 1, for the Non-Custodial Parent) On Literature and Philosophy: The Non-Fiction Writing of Naguib Mahfouz: Volume 1 (Non-Fiction Writings of Naguib Mahfouz) Taber's Cyclopedic Medical Dictionary (Non-thumb-indexed Version) (Taber's Cyclopedic Medical Dictionary (Non-Indexed Version)) Summary of The Power of Now: A Guide to Spiritual Enlightenment (Eckhart Tolle)

[Dmca](#)